

# Resources and Programs of the Center for African-American Health

The Center for African-American Health creates programs and educational materials to help African Americans prevent disease and help those living with chronic diseases to better manage their conditions, and ...Live Well!

## Health Education Materials

- Learn to Live Well with Diabetes
- African Americans and Colon Cancer
- Depression and African Americans
- An African-American's Guide to Breast Health
- The African-American Man and His Prostate
- The African-American Man's Playbook on Cardiovascular Disease
- Cardiovascular Disease and African Americans: What You Should Know

## Health Screenings

Call the Center for African-American Health for information about screenings for:

- High blood pressure
- Diabetes
- Prostate cancer
- Colon cancer
- Breast cancer

## Disease Management and Health Promotion Classes

■ **Diabetes self-management**  
This highly interactive class teaches individuals with diabetes, and their caregivers, skills related to proper nutrition, exercise, medications, and communicating with their health care providers. It is offered for two hours, once a week, for six weeks.

## ■ Chronic disease self-management

People living with heart disease, high blood pressure, arthritis, asthma and other chronic health problems learn the skills needed for the day-to-day management of their conditions. The class is offered for two hours, once a week, for six weeks.

## ■ Nutrition/healthy cooking

Learn to shop and prepare healthy and tasty foods, with an emphasis on culturally popular specialties, by attending nutrition and cooking classes offered throughout the year, including special classes around holidays.

## ■ Exercise and nutrition classes for seniors

Regularly scheduled exercise and nutrition classes for adults 65 and older are designed to extend their independence and quality of life.

## Special Health Events/Programs

- Breast health navigator program
- Emergency preparedness information
- Senior wellness initiative
- Annual African-American health survey
- Annual African-American Health Fair (February)
- American Heart Month (February)
- National Colon Cancer Awareness Month (March)
- Prostate Cancer Awareness Month (September)
- National Breast Cancer Awareness Month (October)
- American Diabetes Month (November)

For more information about these health classes, programs, and materials, call 303-355-3423, or go to: [www.caahealth.org](http://www.caahealth.org)



**The Center for  
African American Health**

Empowering the Community to

*Live Well!*

